



October 1st-7th is *in motion* week!

TAKE THE COUCH POTATO PLEDGE!

"I promise, to never again be a couch potato! And I promise from here on in, that I will live my life in motion! Physical activity - do it for life!"



www.swarginmotion.com



Connect with your local recreation centre for more details on how to get *in motion*

12 O'Clock Walk

Wednesday October 3, 2018

Come in and walk with us on the indoor track – there will be free giveaways and a chance to win a regional prize

**12:00 PM on the Indoor Walking Track
Libro Credit Union Centre
3295 Meloche Rd., Amherstburg**